Battlemind Training

Preparing for War: What Soldiers Should Know and Do

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The Development of Battlemind

What is Battlemind?

A Soldier's inner strength to face fear and adversity during combat, with courage. It is the will to persevere and win. It is resilience.

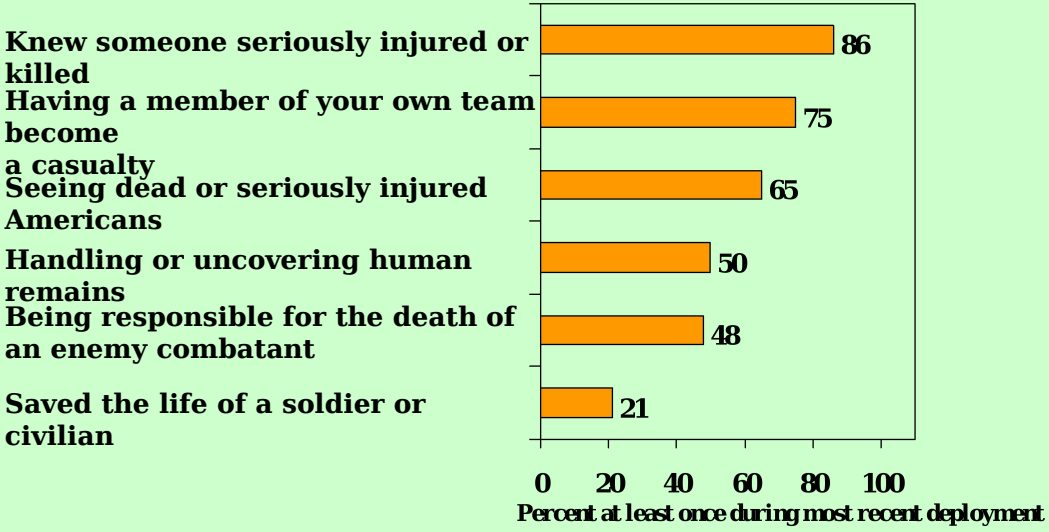
The Nature of Combat

What is combat like?

The Nature of Combat

Realities of Combat:

- Combat is sudden, intense, and life threatening.
- It is the job of the Soldier to kill the enemy.
- Fellow Soldiers may be killed or seriously wounded.
- No Soldier knows how he or she will perform in combat until the moment arrives.



What is a deployment like?

The Nature of Deployments

Realities of Deployments:

- Boredom
- Lack of privacy
- Monotony
- Perceptions of the lack of necessary equipment
- Rules of Engagement
- Orders from the Chain of Command
- YOU ARE NOT HOME

Mental Toughness, Extra Effort: *"MTXE"*

Deployments Can Strengthen Your Battlemind:

- Provide an opportunity to lead in combat
- Show your courage
- Appreciate what is important in life
- Mature as a person

Battlemind Training: Preparing for War

What Soldiers Should Know and Do

"Steel" Your Battlemind

Be a Battle Buddy

Listen to Your Leaders (NCOs)

Trust Your Training

Maintain Contact Back Home

“Steel” Your Battlemind

What Soldiers Should Know

Expect success. Remember other Soldiers have made it through a year-long deployment successfully.

Remember that obstacles and setbacks are part of all deployments.

Soldier Actions

Meet challenges head on.

Maintain your mental toughness.

Take calculated risks. Be self-confident.

Maintain positive thinking during times of adversity and challenge.

Be a Battle Buddy

What Soldiers Should Know

Combat impacts every Soldier both mentally and physically.

Buddies make a difference. Most Soldiers say that they made it through the deployment because of their buddies.

Soldier Actions

Talk to each other about what is going on and things that might be bothering you.

Listen to each other, but don’t make it worse by encouraging anger or resentment. If you don’t know what to say, just listen.

Involve the chaplain and mental health if your buddy

Listen to Your Leaders

What Soldiers Should Know

It’s the responsibility of NCOs and officers to provide outstanding leadership.

Leaders care about the safety and well-being of Soldiers.

Soldier Actions

Don’t assume unnecessary risks when conducting missions.

Let leaders know about problems.

If an order is unclear, seek clarification.

Trust Your Training

What Soldiers Should Know

Fear in combat is common.

Events in combat can appear random and unavoidable.

You will make decisions that impact the lives of others.

Soldier Actions

Your combat training is high; trust it.

When under strain, stress, or enemy attack, do as you were trained.

Admitting and joking about fear may help release tension.

Maintain Contact Back Home

What Soldiers Should Know

Your relationships back home are a source of support and strength.

Your family and friends have a need to know how you are doing.

Families must be able to function effectively without you.

Soldier Actions

Prepare your family and friends for your absence.

Call, write, email your family and friends at least once a week.

Acknowledge special events that you have missed.

Help on the Battlefield

- **Buddies and Leaders**
- **Chaplain/Unit ministry team (UMT)**
- **Battalion Aid Station (BAS)**
- **Brigade Mental Health**
- **Combat Stress Control (CSC) Teams**
- **Combat Support Hospital (CSH)**

Accept the Challenge

"You will see events in combat that will test your courage and extend your faith. If you will accept the challenge of always doing what is right and just, these moments of discouragement and setbacks will fall behind you. You must never quit."

Point of Contact & Disclaimer

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